Ember Fitness

Contact

Address: 422 Baggetta Cres, Mississauga, ON L5R 3H1, Canada

Phone : (647) 366-6447

website:

https://emberfitness.ca

email:

info@emberfitness.ca

About US

Ember Fitness offers professional in-home personal training for seniors in Mississauga, Brampton, and greater Toronto area

focusing on safe, effective, and personalized fitness programs. Our certified trainers provide one-on-one sessions designed to

improve strength, balance, mobility, and overall wellness, all from the comfort of your home.

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Additional Details

Hours: Monday to Saturday -7:00 am–10:30 pm, Sunday-7 am 5:30 pm

GMB Listing

https://maps.app.goo.gl/drVqxJCRRsNFFRdM9

social links :

https://www.youtube.com/@emberhomecarefitness

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